



## COVID-19 • UNDERSTANDING HPCON CHARLIE

To maintain the readiness and protection of Base personnel and their families, Marine Corps Installations East (MCI EAST) has a basic plan in place to address an outbreak of infectious disease. As part of this plan, Naval Medical Center Camp Lejeune (NMCCCL) works closely with MCI EAST leaders to identify and address any health threat that may appear. In order to organize this effort, the Department of Defense has established a system of Health Protection Conditions (HPCONs). Each level of HPCON (and there are five, labeled Zero, A, B, C and D) is associated with a specific level of health risk. MCI EAST is implementing HPCON C so that military and medical leaders can respond to the increased possibility of community transmission of COVID-19.



### What defines HPCON C?

Health Protection Condition Charlie (HPCON C) means there are multiple confirmed cases of a disease such as the 2019 Novel Coronavirus (COVID-19). There have been four confirmed COVID-19 cases in Onslow County. Two of those cases are believed to have occurred through community transmission. Out of those four cases, one case was aboard Marine Corps Base (MCB) Camp Lejeune. That person has since recovered and been medically cleared. While there is no indication of a widespread outbreak in Onslow County, community transmission has been seen in greater numbers in other counties in North Carolina to include Durham, Mecklenburg, and Wake Counties.

### What should I expect during HPCON C?

Operational forces will be observing significant changes in training schedules and exercises. Non-essential events and services may be cancelled or curtailed to inhibit gatherings of people. Services that may have remained open during HPCON B may potentially be closed. The base population should be prepared for tighter social distancing and movement restrictions in order to keep any potential outbreak from spreading. Expect to shelter in place if directed by local, state or DoD authorities.

### What should I be doing during HPCON C?

The public should continue utilizing strict hygiene and cleaning measures they have already implemented in both HPCON A and HPCON B. Prepare for the potential of limited access to supplies and services due to restricted access to the military installation. People should diligently follow updates from military leadership and follow directives. It is essential that the base population pay attention to the information being issued about COVID-19 with guidance from the Centers for Disease Control and Prevention (CDC). If there is community spread, it may be likely that you are caring for a sick person or recovering yourself. For more information on self-care and caring for someone sick, [click here](#).

### Who declares the level of HPCON?

Per Department of Defense Instruction (DoDI) 6200.03, a Health Protection Condition (HPCON) is set by the military commander in consultation with their Public Health Emergency Officer (PHEO) and the local Military Treatment Facility Commander/Director.



# NAVAL MEDICAL CENTER CAMP LEJEUNE

## NMCCL COVID-19 SCREENING SITES:

### ACTIVE DUTY SCREENING SITE

Marines and Sailors will contact their unit medical first. After being evaluated, their unit medical will then determine if they need to be referred to the Active Duty Screening Site.

**Location:** Bldg 4 aboard MCB Camp Lejeune      **Hours:** Monday-Friday, 8 a.m. – 4 p.m.

### BENEFICIARY SCREENING SITE\*

Department of Defense beneficiaries (family members and retirees) should call the **NMCCL COVID-19 Help Line at (910) 450-2956** for discussion of symptoms with a nurse. That line is open 7 days a week from 8 a.m. – 8 p.m. After discussion of symptoms, those that meet criteria (fever of 100.4 or higher, respiratory symptoms like coughing and shortness of breath) will be directed to the screening site. Those with mild symptoms should remain home. Patients directed to the screening site will drive up, remain in their car, and be met by medical personnel to be screened from their vehicle.

\*Beneficiaries must have DoD ID card to show personnel.

**Location:** Near entrance of Bldg NH-200 (in front of NMCCL)      **Hours:** Sunday-Saturday, 8 a.m. – 4 p.m.

**NOTE:** Upon entry to Naval Medical Center Camp Lejeune, patients will be screened for respiratory symptoms at entrances.

## IMPORTANT COVID-19 HEALTH CARE INFORMATION

### **What should I do if I think I have COVID-19?**

Call your health care professional if you think you have been exposed to COVID-19 and develop the associated symptoms. **You should call ahead to a health care professional rather than arrive in-person at the Medical Center.** This will help our medical staff take steps to keep others from being infected or exposed.

**How can I prevent COVID-19?** There is currently no vaccine to prevent COVID-19 infection. The best way to prevent infection is to avoid being exposed to this virus. The CDC always recommends the following preventive actions to help prevent the spread of respiratory viruses:

- ✓ Avoid close contact with people who are sick.
- ✓ Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- ✓ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ✓ Stay home or follow your local sick call procedure when you are sick.
- ✓ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ✓ Clean and disinfect frequently-touched objects and surfaces.

**NOTE:** The CDC **DOES NOT RECOMMEND** that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. **Facemasks should be used by people who show symptoms of COVID-19** to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

**COVID-19** is a respiratory disease. The virus that causes COVID-19 is infecting people and spreading easily from person-to-person. Cases have been detected in most countries worldwide and community spread is being detected in a growing number of countries. On March 11, 2020, the World Health Organization classified COVID-19 as a pandemic. Older adults and those with serious chronic medical conditions seem to be at a higher risk of contracting COVID-19.

**How is COVID-19 spread?** The virus is thought to spread mainly from person-to-person; between people who are in close contact with one another (within about 6 feet) and through respiratory droplets when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people nearby or possibly inhaled into the lungs. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

**What are symptoms of COVID-19?** The following symptoms may appear 2-14 days after exposure: fever, cough, shortness of breath.

**Emergency Warning Signs** – Trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face. **If you develop these emergency warning signs for COVID-19, get medical attention immediately.**



# NAVAL MEDICAL CENTER CAMP LEJEUNE

## How will officials update people if the **HPCON** level changes?

Any updates involving MCIEAST and NMCCL will be posted to their respective Facebook pages and installation websites:

- [www.facebook.com/camp.lejeune](https://www.facebook.com/camp.lejeune)
- [www.facebook.com/mcasnewriver](https://www.facebook.com/mcasnewriver)
- [www.facebook.com/NMCCLejeune](https://www.facebook.com/NMCCLejeune)
- [www.lejeune.marines.mil/COVID-19/](https://www.lejeune.marines.mil/COVID-19/)
- [www.newriver.marines.mil/COVID-19/](https://www.newriver.marines.mil/COVID-19/)
- [www.med.navy.mil/sites/nhcl/News/Pages/COVID-19.aspx](https://www.med.navy.mil/sites/nhcl/News/Pages/COVID-19.aspx)

Please don't speculate or contribute to the rumor mill. Seek out and follow confirmed sources for guidance to include the following:

- **Center for Disease Control (CDC)** is the lead agency for the US Government and the best place to get current information: <https://www.cdc.gov/coronavirus/>
- **NC Division of Public Health** provides statewide updates: <https://publichealth.nc.gov/>
- Outside of the US, the **World Health Organization (WHO)** provides current worldwide updates: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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